

SEPTEMBER 2025

THE SOURCE

COUNCIL ON AGING



Live Well. Age Well.

711 Marshall Street, Suite 100

Leavenworth, KS 66048

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Our Programs

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Information & Assistance

Legal Service

Leisure & Learning Program

Nutrition Program

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Pet2Vet Program

Prescription Drop Off

Senior Health Insurance Counseling

Social Services

Support Groups

Telephone & Visiting Support

Senior Express Transportation

SAVE THE DATE PEDICURES FOR PAWS

A PETS & LOVING SENIORS (PALS)
NAIL TRIM FUNDRAISER COURTESY OF:



SATURDAY, OCTOBER 4TH

1:00PM-4:00PM

COA PARKING LOT

\$10 SUGGESTED DONATION PER PET

** cash or check only, no appointment needed*

Check out our fall bandanas & enter to win a raffle basket.

WELL-BEHAVED, LEASHED DOGS WELCOME!



Our “Dancing Through the Decades” Meals on Wheels Benefit held Saturday, August 16, was a **HUGE SUCCESS**, raising \$52,000!

Attendees enjoyed catering by J.W. Crancers, danced through the decades with Carrioke Productions, purchased sweets at our Sweet Shoppe, participated in a mystery wine and bourbon pull, and adopted older adults to support them receiving Meals on Wheels. A lucky attendee won the autographed Salvador Perez jersey through our raffle, and many generous participants won auction packages ranging from a family staycation to a Kansas City Gangster Experience.

THANK YOU TO OUR MEALS ON WHEELS BENEFIT donors & sponsors



10th Street Liquors
 Advantage Printing Services
 Amigoni Urban Winery
 Artistic Works by Lu
 B&B Theaters Leavenworth Landing 5
 Bateman Law Group
 Bella Vita Salon & Spa
 Bling Equals Dreams Boutique
 Bohannon's Liquor
 Brewski Liquor
 Brother's Wine and Spirits
 CII Foods
 Michael Calabria
 Citizens Federal Savings Bank
 Cobra Command Crossfit
 Commerce Bank
 Country Club Bank
 Crittendon Home Care
 Crown Lanes
 Dairy Farmers of America
 Demaranville & Associates, LLC
 JF Denney Plumbing
 Ducks Carpet Cleaning, LLC
 Exchange Bank & Trust
 Falcon Lakes Golf Club
 Frontier Community Credit Union
 Gail Reardon's Massage
 Geiger's Ready Mix Co.
 Geiger Ready-Mix Foundation Fund
 Grace Strategic Services
 Great Western Manufacturing
 Happy Hour Wine & Spirits
 Harbor Light Coffee House
 Henry Martens Chevrolet-Buick-GMC
 Holy-Field Winery
 Home Depot
 Home2Suites
 Hund Service
 Joe's KC BBQ

KC Transportation Group
 KC Wine
 Vicki Kaaz
 Leavenworth Floral & Gifts
 Leavenworth Paper & Office Supply LLC
 R.L. Leintz Funeral Home, LLC
 Luxury and Imports
 Lynch Residential, LLC
 Ryan and Carol Markle
 Sharon Marsch
 Mefford Real Estate
 Next to Nature Farm
 Oral Surgery Partners
 Outfield Beer Company
 Pioneer Nutrition
 Platinum Automotive
 Pullman's Restaurant
 Queens of Clean
 Red Hibiscus Juice Co.
 Reilly & Sons Insurance
 Reilly & Sons Real Estate
 Ross Liquor
 Sis' Sweets
 Sisters of Charity of Leavenworth
 Small Hinge Creative Studio
 St. John's Hospital
 St. Paul's Episcopal Church
 Stanley's Liquor
 Stra8Edge Barber Shop
 The Depot
 Tire Town, Inc.
 Tom's Town Distillery & Speakeasy
 Vivo LIVE Eatery & Venue
 Wood Oil Company
 Wright Liquor Store
 Jessica and Joshua Yoakam
 Young Sign Co.
 Z&M Twisted Vines Wines & Winery

The COA is excited to announce a new program starting September 1st!



FRIENDLY VISITOR PROGRAM

AMYBETH RICHARDSON

Friendly Visitor Program Coordinator

arichardson@leavenworthcounty.gov

For information about the program or how to volunteer, contact Amybeth at 913-684-0780.



The Council on Aging's Friendly Visitor Program pairs volunteers with homebound seniors to provide social connection. Through regular home visits and/or phone calls volunteers help reduce loneliness and social isolation felt by many seniors in our community. Friendships develop, relationships grow and seniors remain engaged. This valuable social connection can reduce cognitive decline, lessen anxiety and improve the overall quality of life for this homebound population.

PROGRAM REQUIREMENTS

Participants in the Friendly Visitor Program must reside in Leavenworth County and be age 60+ or disabled. An intake interview will be conducted with the Friendly Visitor Coordinator to determine eligibility. Each participant must provide emergency contact information to be used only by the Friendly Visitor Coordinator if necessary.

Both volunteers and participants must sign a Code of Conduct document to be kept on file at the Leavenworth County Council on Aging (COA).

The Friendly Visitor Coordinator will try to match people with similar interests. When a volunteer is paired with a participant, specific background information will be provided. The Friendly Visitor Coordinator will make the introduction and be present for the initial visit. There will be follow up conversations with both the volunteer and participant to confirm the match is a success or to address any concerns.

VOLUNTEER RESPONSIBILITIES

All volunteers must pass a background check and complete the Volunteer Application provided by the Council on Aging.

If visiting in person is not an option, phone visits are also a possibility. In this situation, sometimes, a homebound senior can be a volunteer as well. This volunteer opportunity is meant to be a long-term commitment.

As a Friendly Visitor Volunteer, I commit to:

Uphold Leavenworth County Council on Aging rules and policies related to confidentiality.

I understand that confidentiality is essential and that

details about my Friendly Visitor participant regarding name, health, finances, living conditions etc. may not be discussed outside of the agency.

Be available and to schedule visits on a regular basis.

If I can not make my promised visit, I will advise my friend as soon as possible or make the Friendly Visitor Coordinator aware.

Keep a monthly log of visits and communication with the participant.

Please report volunteer hours each month to the Friendly Visitor Coordinator. Volunteer hours may be emailed or phoned in.

Communicate with the Friendly Visitor Coordinator, in a timely manner, any concerns.

I will report any significant changes in the participants condition or needs. I understand the Friendly Visitor Coordinator is available for consultations regarding any problems or concerns I may encounter. I understand that if I have concerns I will not handle it myself or suggest any resources.

ACTIVITY SUGGESTIONS FOR VISITS

- Play cards, board games or complete a puzzle together.
- Explore genealogy online.
- Try an arts and crafts project.
- Share lunch or have afternoon tea.
- Watch a TV show, movie or listen to music together.
- Read aloud or help write a letter or send a card to a loved one.
- Look through a photo album and share memories.
- Complete a crossword puzzle.
- Celebrate each other's birthday.
- Decorate for a holiday or season.
- Quilt, knit or crochet together.
- Go for a walk or sit outside in nice weather.
- Take pictures together.
- Tell jokes or read a funny story, laughter is contagious!



Summer STOCKING STUFFER EVENT

We are getting a head start on collecting items to fill Christmas Stockings for homebound seniors, seniors without family or seniors who are facing challenges. Items can be dropped off at the COA.

Suggested Items:

- hard candy and sugar free candy
- snack packages of cookies and crackers
- Jell-O snack cups and pudding cups
- applesauce (sweetened and no-sugar added)
- cookies (regular & sugar free)
- 2026 calendars
- small canned meats, fruit, vegetables
- toothpaste and tooth-brushes
- word search and cross-word puzzle books
- winter gloves, hats and scarves for men and women
- small Kleenex
- soap bars

PLEASE CHECK THE EXPIRATION DATE - WE CANNOT ACCEPT FOOD DONATIONS WITH A DATE EARLIER THAN MARCH 1, 2026

For more information, call Dawn Owens at 913-684-0786.

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 **COA**
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 711 Marshall St., Suite 100
Leavenworth, KS 66048

 913.684.0777

 seniors1st@leavenworthcounty.gov

 www.leavenworthcounty.gov/COA

Council on Aging is collecting items to fill Christmas stockings for homebound seniors, seniors without family or seniors who are facing challenges. Items can be dropped off at the COA.

We have suggested items listed below but you can also click on this link: <https://a.co/fYjROno> that will bring you to our Amazon Christmas list. You can conveniently order there and have items sent to Council on Aging. For further information, please call Dawn Owens @ 913.684.0786.

Looking for a way to give back to the community?

VOLUNTEER WITH LEAVENWORTH COUNTY

THE POWER OF A KNOCK

A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from Meals on Wheels can even save lives.

The power of a knock transforms lives.

What is the power of a knock?



- Do you have 90 minutes during the week? (late morning)
- Do you like meeting new people?
- Do you want to help those in our community?
- Do you drive?

For information about volunteering for Meals on Wheels, please contact Dawn Owens at dowens@leavenworthcounty.gov or at 913.684.0786.

*All Meals on Wheels volunteers must be able to pass a criminal background check.



Get Ready for Falls Prevention Awareness Week

Falls Prevention Awareness Week is a national campaign to educate older adults, their caregivers, and health professionals about the dangers of falling and the steps to prevent falls. Every year, more than 1 in 4 adults age 65 and older fall, resulting in 3 million admissions to the emergency department.

The encouraging news: while falls are common and costly, both to the individual and the health care system, they often can be prevented.




ncoa | FallsFree.
national council on aging

FALLS PREVENTION AWARENESS WEEK

**SEPTEMBER
22-26**

Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer

Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips. And an occupational therapist or physical therapist can conduct a home assessment and make recommendations on ways to help you live safely while doing the things you love to do at home every day.

1. **Clear the way.** Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
2. **Light it up.** Replace lightbulbs with bright, non-glare bulbs to help you see around the house. 
3. **Have a seat.** Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
4. **Secure some support.** Buy a shower seat, grab bar, and an adjustable-height handheld showerhead to make bathing easier. 
5. **Store for success.** Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching. 

Source: National Council on Aging, 2023

Four Signs That It's a Scam

1. Scammers **PRETEND** to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the [FTC, Social Security Administration, IRS, or Medicare](#), or make up a name that sounds official. Some pretend to be from a business you know, like a [utility company](#), a [tech company](#), or even a [charity](#) asking for donations.

They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

2. Scammers say there's a **PROBLEM** or a **PRIZE**.

They might say you're in trouble with the [government](#). Or you [owe money](#). Or [someone in your family had an emergency](#). Or that there's a [virus on your computer](#).

Some scammers say there's a [problem with one of your accounts](#) and that you need to verify some information.

Others will lie and say you won money in a [lottery or sweepstakes](#) but have to pay a fee to get it.

3. Scammers **PRESSURE** you to act immediately.

Scammers want you to act before you have time to think. If you're [on the phone](#), they might tell you not to hang up so you can't check out their story.

They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

4. Scammers tell you to **PAY** in a specific way.

They often insist that you can only pay by [using cryptocurrency](#), [wiring money](#) through a company like MoneyGram or Western Union, using a [payment app](#), or putting money on a [gift card](#) and then giving them the numbers on the back of the card.

Some will send you a [check](#) (that will later turn out to be fake), then tell you to deposit it and send them money.

How To Avoid a Scam



TIPS TO REMEMBER:

- ◆ Don't give your personal or financial information in response to a request that you didn't expect. Honest organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.
- ◆ Medicare does not have a new card and will not call you unexpectedly and ask for your Medicare number. They have it.
- ◆ Scammers use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real. You have a right to tell the caller you will call the company/organization back directly.
- ◆ Resist the pressure to act immediately.
- ◆ Stop and talk to someone you trust.
- ◆ Government agencies will never threaten you, and they'll never tell you to transfer your money to "protect it."

VACCINE CLINIC

get your annual vaccine

Walgreens will be at the Council on Aging

FRIDAY, SEPTEMBER 19TH

from 10:00 am - 1:00 pm

to offer your annual vaccines – the best way to protect yourself and others! Plan on arriving early to complete paperwork and enjoy snacks while you wait. Bring your Medicare or private insurance card.

Please call or stop by the COA to sign up for the type of vaccine you need. The following vaccines will be available:

- Flu (Please identify if you need the high dose.)
- Pneumonia
- COVID
- Shingles



For more information, call Jessica at 913.684.0733.

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seniors1st@leavenworthcounty.gov



www.leavenworthcounty.gov/COA

MEDICARE OPEN ENROLLMENT PERIOD



Medicare Open Enrollment is just around the corner. October 15th to December 7th is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they’re satisfied that their current plans will meet their needs for next year and it’s still being offered, they don’t need to do anything.

You can explore Medicare coverage options by:

- Going to www.medicare.gov.
- Calling 1.800.MEDICARE (1.800.633.4227) TTY users can call 1.877.486.2048.
- Calling 913.684.0777 to make an appointment with a COA Senior Health Insurance Counseling for Kansas counselor.

Remember:

Be on the look out for correspondence from your current health care plan and the *2026 Medicare and You* handbook. Review changes for 2026.

Protect you Medicare number. Treat your Medicare card like a credit card. Only share your Medicare number with trusted healthcare providers and never give it out to unsolicited callers or emails. Medicare will never contact you to ask for your personal information.

Report suspected fraud. Report it immediately by calling 1.800.MEDICARE (1.800.633.4227).

SILVER HAIREd LEGISLATORS PLANNING MEETING HELD IN SALINA

The Kansas Silver Haired Legislature (KSHL) held their Planning Meeting in Salina, Kansas on July 30th. The statewide Silver Haired Legislature's purpose is to advocate for seniors of which there are approximately 620,000 seniors in Kansas. The members are elected from the 105 Kansas counties and are volunteers. The KSHL coordinates with their County's Area Agencies on Aging.

The midyear event selects issues pertinent to Kansas seniors which are submitted by each of the eleven Program Service Areas for presentation to the 2026 legislature. Issues to be considered are: Increase in Medicaid Preservation, Transportation, Voting Access, Senior Care Act, KPERS adjustments, and the Medical Cannabis Committee.

2025 Executive Members are as follows:

- President, Katy Hoffman,
- 1st Vice President, Sherri Grogan
- 2nd Vice President, Mary Penrose
- Speaker, Leroy Burton
- Speaker Pro Tem, Chick Schmidt
- Floor Leader, Jay Rowe
- Assistant Floor Leader, Marvin Singleton


"Pumpkin Spice"

Pumpkin spice is everywhere
In lattes and in the air.
It's a flavor beyond compare,
But do we really care?

We drink it up with glee,
As if it holds the key.
To fall's magic, don't you see?
Or is it just marketing?

But love it or hate it,
It's a fall tradition, admit it.
So raise your pumpkin spice latte,
And cheers to fall, let's savor it.

Source: poemsworld.net, retrieved 08/2025



**HAPPY
GRANDPARENTS'
DAY
September 7th**

A LITTLE HUMOR

**Q: What's a tree's favorite
song in autumn?**

A: Don't stop be-leafin

Q: Why did the tree giggle?

A: It heard acorn-y joke.

**Q: What is a three letter word
that starts with gas?**

A: A car





To be added to our email distribution list, please contact us @seniors1st@leavenworthcounty.gov



For our full events and activities calendar, visit our homepage @Council on Aging



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FACEBOOK**



CLICK HERE TO BE DIRECTED TO OUR PAGE.

AGING RESOURCES

- Adult Protective Services.....1.800.922.5330
- Emergency Respite:
 - Country Care.....913.773.5517
 - Medical Lodge.....913.772.1844
- Guidance Center.....913.682.5118
- Kansas Aging and Disability Resource Center
 -855.200.2372
- Leavenworth County Health Department
 -913.250.2000
- Medicare1.800.633.4227
- Poison Control Center.....1.800.222.1222
- Property Fraud LV County.....1.913.684.0424
- Social Security Office1.800.772.1213
- Wyandotte/Leavenworth Area Agency on Aging
 -913.573.8531

To best accommodate all of our clients, the COA is set to take payments and donations online through **PayPal**.

Scan the QR code or in PayPal search for **Leavenworth County Council on Aging** or use **@LVCOA**



Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:
Leavenworth County Council on Aging

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SEPTEMBER DATE CHANGE

The *What's Next?* Loss Support Group will return to the 2nd and 4th Tuesday of each month.

What Next?

LOSS SUPPORT GROUP

Change Starting in September

**2nd & 4th Tuesday
10:30–11:30 AM**

The group will:

- Provide information about the grief process.
- Learn about reactions to loss.
- Explore coping mechanisms.
- Provide an environment for safe discussion.
- Explore ways to handle loss over time.

The Loss Support Group provides information about the loss experience and a setting in which group members may share their loss experiences and develop safe, healthy and effective coping. This is a free support group for adults 50 and better, facilitated by Howard Anderson, Licensed Master Social Worker.

For more information, contact Jessica at 913.684.0733.



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LEAVENWORTH COUNTY COUNCIL ON AGING ADVISORY BOARD

The Leavenworth County Council on Aging's Advisory Board works in an advisory capacity to further the agency's mission. Working collaboratively with the Executive Director, the Advisory Board ensures accountability and transparency, enhances the agency's visibility and partnerships, champions and represents the interests of the agency and ensures there are adequate resources to carry out the Council on Aging's mission to help older adults in Leavenworth County live and age well. All Advisory Board meetings are open to the public.

NEXT MEETING:

September 17, 2025 at 1:30pm
711 Marshall Street, Suite 100
Leavenworth, KS 66048
913.684.0777

The Leavenworth County Council on Aging Advisory Board is looking for applicants to fill an open seat on the Board. For information on how to apply, contact Connie Harmon at 913.684.0784.